



*Meeting Your Needs. At Home. At Sea.*

## Naval Station Ingleside Fleet & Family Support Center

1455 Ticonderoga Way, Suite 200E, Ingleside, TX 78362

PH: 361-776-4551 FAX: 361-776-4558

DSN: 776-4551

Hours: Mon 0900-1630 Tue-Fri 0800-1630

<http://www.nsi.navy.mil/FFSC.htm>

# DECEMBER 2008 PROGRAM OFFERINGS

Programs are **FREE** and open to active duty and retired military personnel and eligible family members.

To register please call the FFSC at 776-4551 or [Debbie.sanders1@navy.mil](mailto:Debbie.sanders1@navy.mil).

Relocation Assistance Program	Date	Time	Location
Base Indoctrination	04 Dec	0745-1600	Bldg 101, Rm 131
Smooth Move (TAP, Open to all)	09 Dec	1400-1445	Bldg 101, Rm 131
Homeport Change Workshop	12 Dec	0900-1100	FFSC
Homeport Change Workshop	12 Dec	1330-1530	FFSC
Transition Assistance Program	Date	Time	Location
TAP Seminar	08 Dec – 12 Dec	0745-1530	Bldg 101, Rm 131
VA Benefits (TAP, Open to all)	08 Dec	0800-1100	Bldg 101, Rm 131
SBP/Tricare/Dental (TAP, Open to all)	08 Dec	1330-1530	Bldg 101, Rm 108
Employment Readiness Program (TAP, Open to All)	10 Dec	0800-1530	Bldg 101, Rm 131
Veterans Disability Representative (Appointment Only)	10 Dec	0830-1600	Bldg 101, Rm 117
Family Employment Assistance Program	Date	Time	Location
Employment Assistance	By Appointment	0800-1630	FFSC
Ombudsman Program	Date	Time	Location
Ombudsman Basic Training (OBT)	06 Dec – 07 Dec	0800-1700	FFSC
Ombudsman Assembly Meeting	09 Dec	1800-2000	Bldg 101, College Auditorium
Personal Financial Management	Date	Time	Location
How to Survive the Holidays Financially	04 Dec	1300-1500	FFSC
Credit and Debt management	19 Dec	1300-1500	FFSC
Personal Development/Life Skills	Date	Time	Location
Leadership & Life Skills Training (Must Register)	02 Dec	0800-1600	Bldg 101, Rm 131
Individual Augmentee (IA) Homecoming Brief	03 Dec	1800-1930	FFSC
IA/GSA Sailor Pre-Deployment Brief	05 Dec	0900-1100	FFSC
Building Effective Anger Management Skills	09 Dec – 11 Dec	0830-1230	FFSC
BRAC Town Hall Meeting	09 Dec	1800-2000	Bldg 101, College Auditorium
Sexual Assault Victim Intervention (SAVI) Refresher	16 Dec	0900-1130	Bldg 101, Rm 131

# PROGRAM OFFERINGS

**LEADERSHIP AND LIFE SKILLS TRAINING** – This training by rank for all military will consist of: Family Violence Overview, Stress/Conflict Management, Sexual Assault Awareness (SAVI), and Financial Responsibility for E6 and below. Domestic Abuse and Sexual Assault resource awareness and identifying at risk personnel for E5 and above. Command Leadership – Outlines Command's responsibilities in response to allegations of Domestic Abuse and Sexual Assault for E7 and higher. For a complete schedule and additional information please contact the FFSC at 776-4551.

**INDIVIDUAL AUGUMENTEE (IA) HOMECOMING BRIEF** – Is your Sailor returning from IA duty soon? One of the best aspects of Navy life is Navy homecomings but homecomings are different after an IA assignment. This brief provides an overview of the IA reunion expectations and experience to include ideas to make homecoming more comfortable for the returning IA Sailor and his/her loved ones.

**BASE INDOCTRINATION** – For newly arrived sailors and their spouses. This 1-day program provides the local information as well as required GMT in a consolidated format. Servicemenbers who attend this program adjust much quicker to the area and are therefore able to concentrate on work and meet command expectations.

**HOW TO SURVIVE THE HOLIDAYS FINANCIALLY** – Have you ever spent more for the holiday season than you wished to, or could afford? This holiday presentation is designed to develop knowledge and skills for Financial Management during the Holiday Season and beyond. The program is designed for all ages.

**OMBUDSMAN BASIC TRAINING (OBT)** – A requirement for every Ombudsman selected by their Command to attend within 90 days of being selected for this position. Command spouses are also eligible to attend. Please register for this weekend course by calling the FFSC at 776-4551.

**TRANSITION ASSISTANCE PROGRAM (TAP)** -- The Transition Assistance Program (TAP) is the most common service associated with TAMP. This 5-day seminar is required prior to completing your active duty. Spouses are highly encouraged to attend. The TAP course offers training and education in: Resume Writing, Interviewing Skills, Salary Negotiations, Finding Employment Resources and Job Market Information, Eligibility for Veteran's Benefits, Separation Pay Issues and Budgeting, Locating Educational Opportunities and Applying , Skills Assessment, Federal Employment Opportunities, Investment and Credit Card Issues.

**VETERAN'S BENEFITS** -- Service personnel have typically not been aware of the multitude of benefits available to them as veterans of the Armed Forces of the United States. The VA Benefits Brief program is designed to provide active duty service members as well as separating and retiring service members with the information necessary in order for them to access these benefits. All of this information is designed to help the service members and their families make informed decisions regarding benefits that are available to them while still on active duty and in preparation for separation or retirement.

**BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS** - (FOR MEN & WOMEN) Building Effective Anger Management Skills for men and women. This course promotes healthy interpersonal relationships and communication skills. Learn how to identify your pattern of angry feelings and explore new coping strategies for appropriate expression of anger and modifying your behavior. The new expanded format

**SMOOTH MOVE** -- The purpose of this workshop is to ease the potential stress and frustration associated with the relocation of military families. This 2-hour program focuses on budgeting for a PCS move, and the emotional cycle of relocation. This course is for all military family members who desire information about their upcoming move. The RAP Counselor will provide information to help you get ready for the move.

**OMBUDSMAN ASSEMBLY** -- Ombudsman Assembly meetings are an integral part of the on-going training for command ombudsmen and a vital to the success of the Ombudsman Program. All ombudsmen are encouraged to attend.

**VETERANS DISABILITY REPRESENTATIVE** – The VA Representative travels to NSI once a month so you do not have to drive to VA outpatient Clinic in Corpus Christi to see him. He is here to answer questions and assist you in filing claims. Appointments are required: Call 776-4551 to schedule an appointment.

**EMPLOYMENT READINESS PROGRAM (3 PART SERIES)** --*CAREER EXPLORATION & JOB SEARCH STRATEGIES*-- Not sure what you want to do when you grow up or how to find that dream job? Then, this workshop is for you. Topics covered assist participants in making career choices, assessing skills and abilities and learning about the crucial steps in the job search process. Identifying the "hidden" job market and searching the Internet will also be addressed. *RESUME WRITING*--These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. Cover Letters will also be discussed. *INTERVIEWING TECHNIQUES*-- Want to feel more confident at your next job interview? This single session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

**HOMEPORT CHANGE WORKSHOP** – HOMEPORT CHANGE ASSISTANCE FOR SINGLE/MARRIED SAILORS/FAMILY MEMBERS/GEOGRAPHICAL BACHELORS. Facing a change of homeport? FFSC Ingleside provides San Diego homeport Change Workshops and follow-on one-on-one appointments specially tailored to meet your needs. Minimize the impact of this major transition with specifics on your new homeport, including housing availability, cost of living, household goods/POV shipments, transportation, education, employment opportunities, and more. Workshops are held at the FFSC Conference Room, Bldg 100, 2<sup>nd</sup> deck, every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month, 0900-1100. Note: if morning session is full, an afternoon session will be added for 1330-1530. Maximum registration is 8 per session. Pre-registration required. Call FFSC at x4551.

**SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) REFRESHER TRAINING** – A two-and-a half hour SAVI Advocate and SAVI Point of Contact Refresher Training. This training is for individuals designated as Command SAVI Advocates and/or SAVI Point of Contact by their command as referenced in OPNAVINST 1752.1A and SAVI Advocates or POCs who need to complete Refresher Training. This training is being conducted at Naval Station Ingleside – Registration is required – contact FFSC at 361-776-4551.

**CREDIT AND DEBT MANAGEMENT** – Do you know how to manage your credit, or are your debts controlling you? Learn how to select the best type of credit agreement, determine if you're overextended, make "power payments" to reduce debt load, check your credit history, and legally keep creditors off your back.